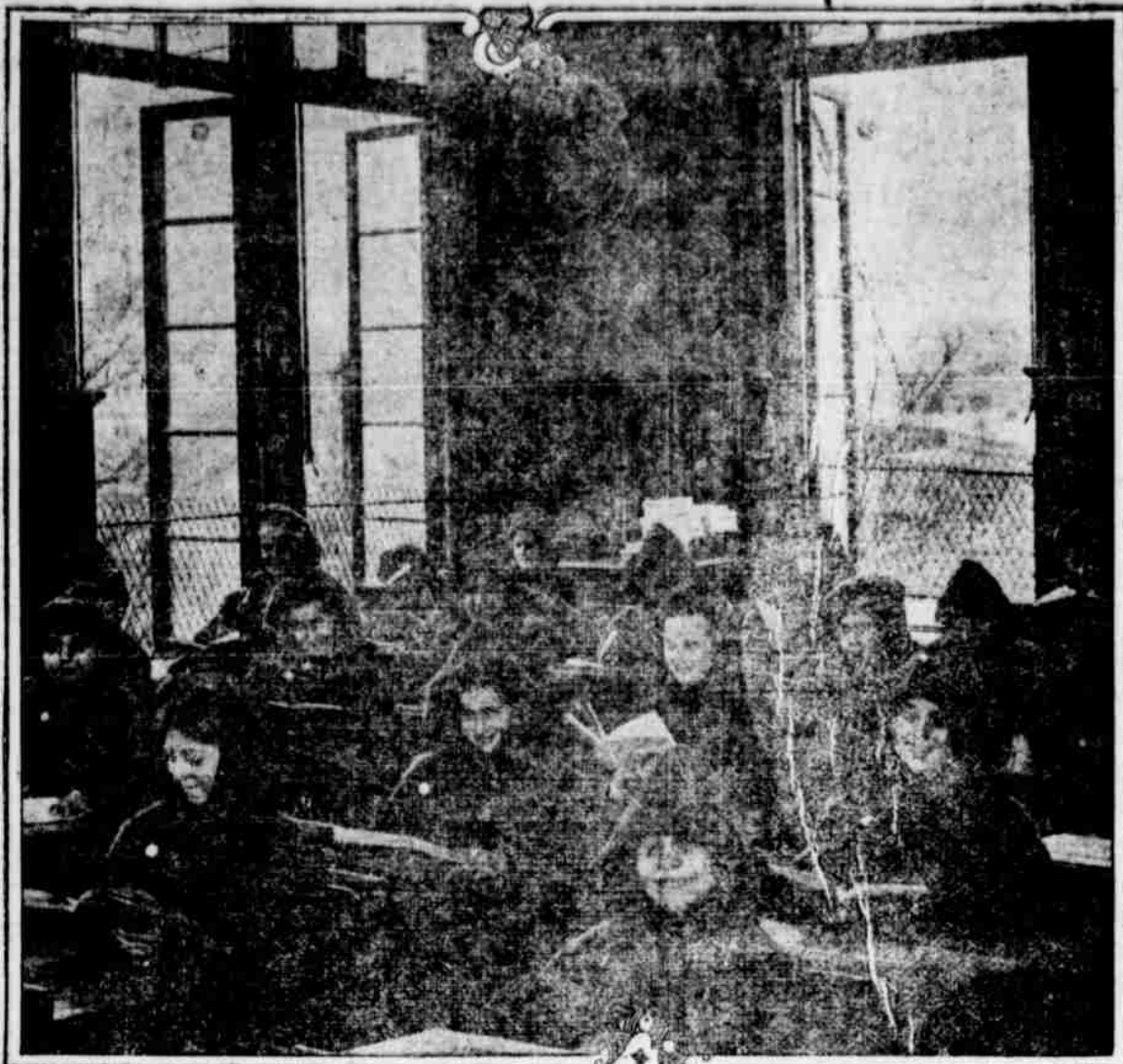
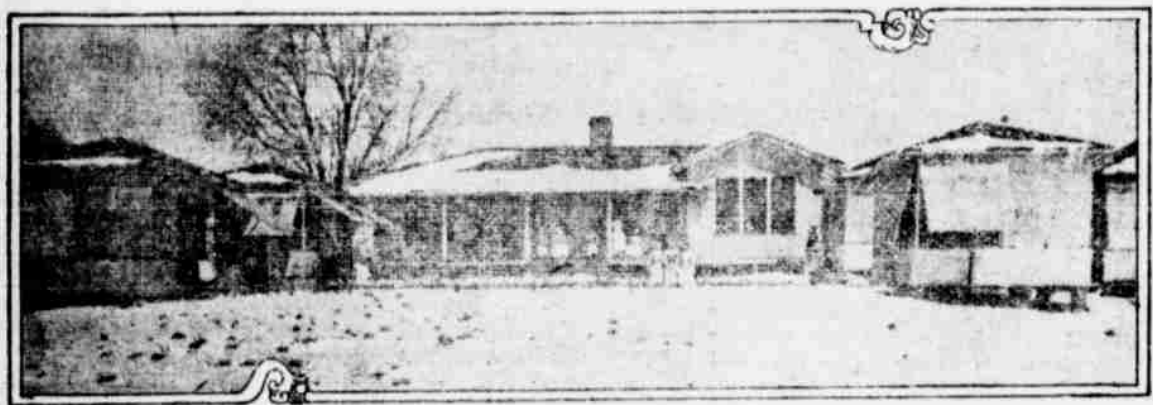


## MAKING PROGRESS



THESE happy, healthy looking children were sent to this open air school in Louisville a little time ago because they were run down and anemic. Warmly clothed and provided with special diet, they do their school tasks in a room with the windows wide open, so that the wind can blow over them. Without exception these children make rapid progress in school and improve in health almost beyond belief.

## Shacks For Consumptives at Western Kentucky Asylum For the Insane



AT the state asylum for the insane at Hopkinsville it was found some years ago that many of the patients were afflicted with consumption. The authorities consequently built two groups of buildings to accommodate the consumptive cases.

A central building, to provide a dining room, bathrooms, etc., was surrounded by groups of shacks, each having beds for three patients. The lower fourth of each side of the shacks was boarded up, and the section above was formed of canvas stretched over frames. These canvas screens were made in sections fastened at the top with hinges, so that any side might be opened to admit the fresh air and sunlight.

Dr. H. P. Sights, superintendent of the hospital, states that the death rate at the asylum has been decreased 40 per cent by the use of these buildings for the consumptives, and that many of the consumptives have been returned to the main building restored and some have been sent home restored both physically and mentally.

The two groups of buildings, accommodating fifty-six patients, were built for less than \$8,000. Dr. Sights says further: "I think every county in the state should have a tuberculosis colony, and the county officials, who will take the time to look into the benefit offered their citizens, would not hesitate to take steps at once to establish such a colony, and do the greatest service possible for them to do with the amount invested. It will not be an experiment, as this state institution, with its limited funds, demonstrated fully the wisdom and economy of the project."

## A SIMPLE SLEEPING PORCH



WHEN you build your new home plan to have a sleeping porch. If you do not like hot summer nights and stuffy winter nights indoors, build a sleeping porch like the one above on your present home. Place it in an angle so as to avoid drafts. The southeast or southwest side of the house is best.

The sides should be boarded up three or four feet to insure privacy and a reasonable freedom from drafts. The upper part should be covered with wire netting. Outside the netting hang canvas strips that can be raised or lowered from the inside.

A porch of this sort can be made for from \$50 to \$100, depending on the kind of finish and material used.

## Starting the Day Right



THE first exercise of the day at the open air school for the treatment of anemic children in Louisville is a cold shower bath. The bath lasts only a few seconds and is followed by a quick, hard rub with a coarse towel, so that the blood is brought again to the surface. The cold bath hardens any one so that an exposure to cold air and drafts is no longer dangerous. In addition the quick, cold bath sends each child to the school room happy and alert for the duties of the day.

## At the Dispensary



IN a number of cities in the state there are dispensaries where those who do not feel well may go for an accurate medical inspection. These dispensaries are maintained particularly to afford facilities for the examination of consumptives or those who suspect themselves of having tuberculosis. The visiting nurses in their rounds of the city direct rundown people to the dispensary for examination by the physicians.

The first step in the examination is to take the height and weight of the patient and to learn many other simple facts about the case. This work is done by the nurse, and the physician then makes a careful examination of the case. Where tuberculosis is found the patient is induced to return at regular intervals to the dispensary, and the nurses visit the patients as often as possible in their homes.

A dispensary at every county seat in Kentucky affording facilities for the careful examination of suspected consumptives under the supervision of experienced physicians and nurses would result in the discovery of thousands of cases at the early stage, when, with proper treatment, they could be restored to a reasonable degree of health. Consumptives ordinarily do not go to the physician till they are too far advanced for successful treatment. Consequently there should be visiting nurses in every county to search out the sick in their homes and bring them in touch with the physicians, either in dispensaries or at the doctor's office. About 5,000 Kentuckians die annually of tuberculosis. Not a single one of these deaths is necessary. But this death rate will keep up until there are proper provisions for finding consumptives in the early stage of the disease, and the dispensary, the visiting nurse and the health officer, who go out and look for the sick, comprise the most successful organization for the discovery and prevention of tuberculosis.

## Why Not Sleep In the Open Air?



ALMOST every one who wishes it may have a sleeping porch. One may be built over the veranda of the house. If this situation is not suitable, two heavy poles and some cleats against the side of a house will support the platform for the bed. If it is not convenient to make over the bedroom window into a door, the bed may be put right close to the window, and you can crawl through the window into the bed.

Fresh air is the most important thing in the treatment of tuberculosis. Consumptives all over the country are building sleeping porches so that they may sleep out of doors.

If fresh air is good for sick people it must also be good for healthy people. Those who have tried sleeping in the open on sleeping porches say they have never rested so well. Those who get up every morning in winter with headaches and feel generally out of sorts will always find that open windows in sleeping rooms will prevent that sort of feeling. Sleeping right out of doors on a porch is even better.

When you build your home plan for an open air sleeping porch just as you would for a kitchen. If you want one now, don't hold back thinking it will cost a large sum of money. This one was built for \$20.

Build your porch where it will be protected from strong winds. It is also a good plan to provide it with curtains to keep out the rain and sun.

### Help For Consumptives.

The State Tuberculosis Commission, Frankfort, Ky., will send to any physician, health officer or consumptive family, on request, a free copy of its new booklet on the home care of tuberculosis. This authoritative pamphlet is designed to aid and not supplant the physician. Its chapter on diet will prove especially helpful.

## Children at an Open Air School



LOUISVILLE has a school for those anemic, rundown children who are ordinarily subject to every form of disease. Such children are greatly retarded in school, not only through their poor physical condition, but also through frequent loss of time on account of sickness. Among those children also the germs of tuberculosis may later find good soil.

This picture shows the warm suits and caps provided for the children, who are kept all day long in the open air. Windows on both sides of the schoolroom are kept continually open.

At noon the children are given a substantial meal at the school and then rest on cots for about an hour.

Experience in Louisville and throughout the country shows that this combination of fresh air, nourishing food and rest under the supervision of a physician and a visiting nurse will produce remarkable results. The children uniformly show increased weight, better color, better spirits and greater activity. The school work is made subordinate to the care of the children's health, yet with fewer hours of instruction each day they make progress equal to that of normal children in the typical schoolroom. If fresh air is good for sick children it must also be good for healthy children. The day is coming, according to Dr. Landis of Cincinnati, when every schoolroom will be an open air room.

You visit the pen you keep your pigs in, but do you visit the school to which you send your children? Do you really know whether it is clean and well ventilated? Does it have good water and clean closets? If your school is not clean and well ventilated, protest to the teachers and trustees till the faults are remedied.